

## February 2016 Group Fitness & Dance Schedule

*The class schedule is subject to change and the web calendar may not reflect these changes.*

*Please see the Front Desk at the James City County Recreation Center  
and Abram Frink Jr. Community Center for the latest class offerings.*

For a complete description of fitness classes offered throughout the year, see Class Descriptions.

**\*\* These classes are not included with wristbands and require a separate registration fee payable to James City County Treasurer.**

TIME & DATES	MONDAY (1,8,15,22 & 29)	TUESDAY (2,9,16 & 23)	WEDNESDAY (3,10,17 & 24)	THURSDAY (4,11,18 & 25)	FRIDAY (5,12,19 & 26)	SATURDAY (6,13,20 & 27)
6:30 a.m.		<b>*NEW* TRX Circuits</b> Kristen	<b>*NEW* Tabata (6:15am)</b> <del>-NO CLASS 2/3-</del> Heather C.			
	<b>*NEW* Power Cycle</b> 50 min/Blair		<b>*NEW* Power Cycle</b> 50 min/Blair			
7:05 a.m.			Low Impact Meg <del>-NO CLASS 2/3-</del>	<b>*NEW* PiYo®</b> Kristen	Low Impact Meg	
		<b>Indoor Rowing (7:15-7:45)</b> 30 min/Gail				
8:05 a.m.	Low Impact Meg	Pilates Fusion Gail	Vinyasa Yoga Evi	Good Morning! Yoga Pat	<b>Core Fit (8:15-8:45)</b> 30 min/Meg	
		<b>*NEW* Kettlebell Basics (9:05)</b> Gail				
9:05 a.m.	Total Body Intervals Heather C.	<b>*NEW* Barre</b> Heather R.	Cardio Interval Carey	Zumba Felix	<b>*NEW* Zumba</b> Robert	Zumba Lindsey
	<b>Indoor Cycling</b> 60 min/Carey	<b>Cycling</b> 45 min/Carey		<b>Cycling</b> 45 min/Blair	<b>Indoor Cycling</b> 60 min/Heather	<b>*NEW* Cycle60</b> 60 min/Julie
10:05 a.m.		Intermediate Kettlebell Gail		Intermediate Kettle Bell Gail		
	Stretch & Sculpt Carey	Strength Training Carey	Stretch & Sculpt Carey	Strength Training Felix	Gentle Yoga Evi	20/20/20 Crystal
11:05 a.m.	SilverSneakers® Classic (11:15) Heather <del>-NO CLASS 2/1-</del>	<b>**A.F.E.P. I</b> Meg (11:15)		<b>**A.F.E.P. I</b> Gail (11:15)	SilverSneakers® Cardio (11:15) Meg	Yoga for Everybody Evi
11:30 a.m.	<b>*NEW* Lunch Break Cycle (12:00)</b> <del>-START 2/15-</del> 30 min/Heather		SilverSneakers® Cardio Gail			
12:15 p.m.	SilverSneakers® Circuit Meg	Pilates with Props Gail	SilverSneakers® Yoga Gail	SilverSneakers® Circuit Gail	SilverSneakers® Classic Gail	
1 p.m.	Better Balance Heather <del>-NO CLASS 2/1-</del>			SilverSneakers® Yoga (1:15) Meg		

(additional classes are listed on back side)

TIME & DATES	MONDAY (1,8,15,22 & 29)	TUESDAY (2,9,16 & 23)	WEDNESDAY (3,10,17 & 24)	THURSDAY (4,11,18 & 25)	FRIDAY (5,12,19 & 26)
4 p.m.	Yin and Yang Yoga Evi		Stretch & Relax 45 min/Gail <b>-NO CLASS 2/17-</b>		
4:30 p.m.	<b>Row/Cycle/ Strength</b> 45 min/Gail	Pilates Ken	<b>Indoor Rowing</b> (4:50-5:20) 30 min/Gail <b>-NO CLASS 2/17-</b>	Pilates Ken	
5 p.m.			<b>*NEW*</b> Barre Heather R.		
5:30 p.m.	Zumba Christi	Functional Strength Training Nick	Intermediate Kettlebell* Gail <b>-NO CLASS 2/17-</b>	Zumba & Toning Tina	
	Intermediate Kettlebell/Circuit* Gail (Lobby)		<b>*NEW*</b> Cycle60 60 min/Blair		
6 p.m.			Zumba Felix		
6:30 p.m.	Zumba Step Bess	MixedFit® Sarah		<b>*NEW*</b> Tabata Heather C.	<b>*NEW*</b> Zumba Felecia/ Christi
7 p.m.		<b>Cycle &amp; Core</b> Tina		<b>Cycle &amp; Core</b> Tina	

**\*Previous Kettlebell experience required.**

**Cycling classes** - First time cycling please arrive 5 min before class for proper set-up.  
Spin/Row class cards will be available at the Front Desk 1 hr before each class,  
Maximum of 11 per class for spin, 6 per class for rowing.

**Recreation Center Phone # 757-259-4200**

For access to land and aquatic fitness classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk:

- **\$55; \$50** for JC/W residents - one month unlimited- **with no facility pass**
- **\$30** a month for unlimited classes - 3, 6 or 12 month facility pass holder
- **\$60; \$55** for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

### **Abram Frink Jr. Community Center Classes**

4:30 p.m.	SilverSneakers® Classic MONDAY & WEDNESDAY Sonya	6:30 p.m.	Zumba (AFCC Wristband Required) TUESDAY & THURSDAY Felecia
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**\*\*James City County Recreation Center (JCCRC) wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are posted online and are posted by the dance studio. For the complete description of all land and aquatic class offerings, please visit [jamescitycountyva.gov/recreation/programs/fitness.html](http://jamescitycountyva.gov/recreation/programs/fitness.html).**